

Fever diary (2207)

Use this diary if your medical provider asks you to. It will help your medical provider see patterns in your child's fevers. It can also help track your child's symptoms.

What to Do:

1. Check your child's temperature **only** if they seem sick.
 - Healthy children: [how to use a thermometer](#)
 - Kids health: [Taking your child's temperatures](#)
2. Write down when your child's temperature is **101 degrees F or higher**. Use the fever diary to keep track.
3. Put an X on the Calendar for each day your child has a fever.
4. Discuss with your provider when to give your child medicine, here are the doses.
 - Dosing charts: [ibuprofen \(Motrin®\) and Acetaminophen \(Tylenol®\)](#)

Get medical help right away if your child is hard to wake up, having trouble breathing, or you are worried.

Fever diary

| Date | How was the temperature taken? -Under the tongue -Forehead -Ear -Under the arm | What was the temperature and how long did it last? | What other symptoms did your child have? | What did you do for the fever? Give medicines? Go to the doctor? | Other information: What else was going on? Was anyone else sick in the home? |
|-----------------|--|--|--|---|--|
| Example: | | | | | |
| Nov 13th | Under the arm | Had 1 fever of 101.5. | Belly pain and rash | Gave Tylenol every 6 hours. or Seen by a doctor and given Amoxicillin for ear infection. | A household member had COVID. or Had a very busy day Friday. |
| | | | | | |
| | | | | | |

| Date | How was the temperature taken? -Under the tongue -Forehead -Ear -Under the arm | What was the temperature and how long did it last? | What other symptoms did your child have? | What did you do for the fever? Give medicines? Go to the doctor? | Other information: What else was going on? Was anyone else sick in the home? |
|------|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

You can also use this blank calendar to mark when your child had a fever. Put an X in the box for each day your child had a fever.

Calendar

YEAR:

| January | | | | | | |
|---------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| February | | | | | | |
|----------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| March | | | | | | |
|-------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| April | | | | | | |
|-------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| May | | | | | | |
|-----|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| June | | | | | | |
|------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| July | | | | | | |
|------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| August | | | | | | |
|--------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| September | | | | | | |
|-----------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| October | | | | | | |
|---------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| November | | | | | | |
|----------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| December | | | | | | |
|----------|---|---|---|---|---|---|
| S | M | T | W | T | F | S |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

WWW.CALENDARKART.COM

For more health and wellness information check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>